

Garlic or Onion Bread100

Number of Servings: 100 (34.02 g per serving)

Amount	Measure	Ingredient
6 1/2	lb	Bread, French, med slice
2.00	cup	Margarine, soft, safflower oil
2.00	tsp	Spice, garlic, pwd

Nutrients per serving

Nutrition Facts

Serving Size (34g)

Servings Per Container

Amount Per Serving

Calories 120 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 220mg **9%**

Total Carbohydrate 17g **6%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 3g

Vitamin A 4% • Vitamin C 0%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Soften or melt margarine and add garlic or onion powder. Spread or brush seasoned margarine onto 1 oz slices of French Bread and Bake in 325 degree oven for 5-10 minutes to warm and lightly toast. Serve immediately. Send brushed French Bread to outlying sites and ask them to warm/toast on site.

1 slice = 1 CS